



Information About Moving Expenses

Can you claim moving expenses?

You can claim eligible moving expenses if you moved and established a **new home** to work or to run a business at a **new location**.

You can also claim moving expenses if you moved to be a **student in full-time attendance** in a post-secondary program at a university, college, or other educational institution.

To qualify, your new home must be **at least 40 kilometres closer** (by the shortest usual public route) to your new work location or school.

Complete **Part 2** of Form T1-M to determine if you meet the distance requirement to claim your moving expenses. If the result on **line 3** is **less than 40 kilometres**, you **do not** qualify to claim moving expenses.

You must complete a separate Form T1-M for each eligible move. Enter the total of all amounts from **line 23** in **Part 4** of each form on **line 21900** of your Income tax and benefit return.

Are you employed or self-employed?

If you are employed or self-employed, you **can deduct** eligible moving expenses from the employment or self-employment income you earned at your **new work location**, including amounts you received under the Wage Earner Protection Program for your employment at the new work location.

You **cannot deduct** moving expenses from any other type of income, such as investment income or employment insurance benefits, even if you received this income at the new location.

Are you a full-time student?

You can claim eligible moving expenses if you **moved to be a student in full-time attendance** in a post-secondary program at a university, college or other educational institution. However, you can **only** deduct these expenses from the parts of your scholarships, fellowships, bursaries, certain prizes, and research grants that are required to be included in your income.

You can also claim moving expenses if you **moved to work**, including summer employment, or to run a business. However, you can **only** deduct these expenses from the employment or self-employment income you earned at the new work location.

You can claim moving expenses you incur at the beginning of each academic period as long as you meet the **40-kilometre requirement** outlined in **Part 2** of Form T1-M and you earned income at your new work location.

For co-operative students moving back after a summer break or a work semester, you can also claim your moving expenses as long as you meet the previously-stated requirements.

For more information, see Guide P105, Students and Income Tax.

How to calculate your allowable moving expenses (Part 4)

You can claim reasonable amounts that you paid for moving yourself, your family, and your household items. Not all household members have to travel together or at the same time.

Transportation and storage costs (line 4)

You can claim transportation and storage costs (such as packing, hauling, movers, in-transit storage, and insurance) for household items, including boats and trailers.

Travel expenses (lines 5 to 7)

You can claim travel expenses, including vehicle expenses, meals, and accommodation, to move you and your household members to your new home. You can choose to claim vehicle and/or meal expenses using one of the following two calculation methods.

Calculation methods

There are two methods (**detailed** and **simplified**) to calculate the meal and vehicle amounts you spent.

If you choose to use the **detailed method** to calculate your **meal expenses**, you must keep all your receipts and claim the actual amount that you spent. If you choose to use this method to calculate your **vehicle expenses**, you must keep all receipts and records for the vehicle expenses. Claim the actual amount that you spent for your moving expenses during the tax year.

If you choose to use the **simplified method** to calculate your **meal expenses**, you may claim a flat rate per person. Although you do not need to keep detailed receipts for actual expenses, we may still ask you to provide some documentation to support your claim. If you choose to use this method to calculate the amount to claim for **vehicle expenses**, multiply the number of kilometres by the cents/km rate for the province or territory where the travel began. We may still ask you to provide some documentation to support your claim. You must keep track of the number of kilometres driven during the tax year for the trips related to your moving expenses.

To find out the rates for the simplified method, go to canada.ca/taxes-travel-costs or call our Tax Information Phone Service (TIPS) at **1-800-267-6999**.

Temporary living expenses (lines 8 and 9)

You can claim costs for a **maximum of 15 days** for meals and temporary lodging near the old and the new home for you and your household members. If you choose to use the **simplified method**, we may still ask you to provide documents showing how long you stayed at the temporary lodging.

Cost of cancelling your lease (line 10)

You can claim the cost of cancelling the lease for your old home. However, you **cannot** claim rental payments for any period before the cancellation of your lease, whether or not you occupied the home during this period.

Incidental costs related to your move (line 11)

You can claim any of the following costs:

- changing your address on legal documents
- replacing driving licences and non-commercial vehicle permits (not including insurance)
- utility hook-ups and disconnections

Cost to maintain the old home when vacant (line 12)

You can claim, to a **maximum of \$5,000**, interest, property taxes, insurance premiums, and the cost of heating and utilities expenses you paid to maintain your old home when it was vacant after you moved, and during a period when reasonable efforts were made to sell the home.

You cannot claim these costs during a period when the old home was rented. The costs must have been incurred when your old home was not ordinarily occupied by you or any other person who ordinarily resided with you at the old home just before the move.

Cost of selling the old home (lines 13 to 16)

You can claim the cost of selling your old home, including advertising, notary or legal fees, real estate commission, and mortgage penalty when the mortgage is paid off before maturity.

Cost of buying the new home (lines 17 and 18)

If you or your spouse or common-law partner sold your old home because of your move, you can claim the legal or notary fees you paid to buy your new home, as well as any taxes paid (other than GST/HST) for the transfer or registration of title to the new home.

Reimbursement or allowance you received for your move (line 20)

If you received a reimbursement or an allowance from your employer for your eligible moving expenses, you can **only** claim your moving expenses if you include the amount you received in your income or if you reduce your moving expenses by the amount received.

We may ask you to provide a letter from your employer saying that you were not reimbursed for the moving expenses you are claiming.

Expenses you paid in a year after you moved

If your moving expenses were paid in a year after the year of your move, you can claim them on your return for the year you paid them against employment or self-employment income earned at the new work location.

The same option is offered to students reporting a taxable amount of scholarships, fellowships, bursaries, certain prizes, and research grants.

This may apply if your old home did not sell until after the year of your move. If this is the case, we may ask you to submit this form with the receipts and explain the delay in selling your home. However, you **cannot carry back** moving expenses to a prior year. For example, if you paid moving expenses in the current year for a move that occurred in a prior year, you cannot claim the expenses paid in the current year on your prior year return, even if you earned employment income, self-employment income, or received a taxable amount of scholarships, fellowships, bursaries, certain prizes, and research grants at the new location in the prior year.

Your net eligible income (line 22)

If you are an **employee**, your net eligible income is equal to the amounts reported on your T4 and/or T4A slips **relating to the new work location** included on lines 10100 and/or 10400 **minus** any amount relating to the new work location claimed on lines 20700, 21200, 22215, 22900, 23100, and 23200 of your return.

If you are **self-employed**, your net eligible income is generally equal to the net amounts **earned at the new work location** that are included on lines 13500, 13700, 13900, 14100, and 14300, **minus** any amounts claimed on lines 21200 and 22200 of your return.

If you are a **student**, your net eligible income is equal to the amount of scholarship, bursaries, fellowships, research grants, and/or certain prizes required to be included in your income for the year.

Unused moving expenses available to carry forward to a future year (line 24)

If you are an employee or self-employed and your net moving expenses (**line 21**) paid in the year of the move are more than the net eligible income (**line 22**) earned at the new work location in that same year, you can carry forward and deduct the unused part of those expenses from your employment or self-employment income you earn at the new work location and report on your return in the following years.

If you are a full-time student and your net moving expenses (**line 21**) paid in the year of the move are more than the scholarships, fellowships, bursaries, certain prizes, and research grants income you report for the year (**line 22**), you can carry forward and deduct the unused part of those expenses from the same type of income you receive and report on your return for the following years.

Ineligible moving expenses

You **cannot** claim any of the following expenses:

- expenses for work done to make your old home more saleable
- any loss from the sale of your home
- travel expenses for house-hunting trips before you move
- travel expenses for job hunting in another city
- the value of items movers refused to take, such as plants, frozen food, ammunition, paint, and cleaning products
- expenses to clean or repair a rented home to meet the landlord's standards
- expenses to replace personal-use items such as toolsheds, firewood, drapes, and carpets

- mail-forwarding costs (such as with Canada Post)
- costs of transformers or adaptors for household appliances
- costs incurred in the sale of your old home if you delayed selling for investment purposes or until the real estate market improved
- mortgage default insurance

Generally, you cannot deduct the cost of moving a mobile home. However, if you have personal items in a mobile home when it is moved, you can deduct the cost of moving the home as long as it is not more than the estimated cost to move those personal items separately.

Did you move to Canada, from Canada, or between two locations outside Canada?

Did you move to or from Canada?

If you meet all conditions and requirements (read "Can you claim moving expenses?"), you can claim **eligible expenses** for a move from Canada if both of the following apply:

- You are a **full-time student** (including co-operative student), or a **factual** or **deemed resident** of Canada.
- You moved from the place where you ordinarily resided to live in another place where you ordinarily reside.

You **cannot** claim moving expenses if you rent an apartment in another country where you are working temporarily and you maintain residential ties in Canada (for example, your spouse and children remain in your home in Canada) because your home in Canada is where we consider you to ordinarily reside.

Did you move between two locations outside Canada?

If you meet all conditions and requirements (read "Can you claim moving expenses?"), you can claim **eligible expenses** for a move between two locations outside Canada if you are a **factual** or **deemed resident** of Canada.

For more information, see Income Tax Folio S5-F1-C1, Determining an Individual's Residence Status, or section "Were you a deemed resident of Canada in 2019?" in the Income Tax and Benefit Guide for Non-Residents and Deemed Residents of Canada.

Do you need more information?

For more information, see Income Tax Folio S1-F3-C4, Moving Expenses, visit canada.ca/taxes or call **1-800-959-8281**.

Teletypewriter (TTY) users

If you have a hearing or speech impairment and use a TTY, call **1-800-665-0354** during regular business hours.



Moving Expenses Deduction

Read the attached "Information about moving expenses" sheet **before** completing this form.

Complete a separate form to calculate your eligible moving expenses deductions for each move.

If you are filing electronically or filing a paper return, do not send any documents. Keep all your documents in case we ask to see them later. If you are using EFILE, show your documents to your EFILE service provider.

Tax year

Part 1 – Taxpayer information

First name	Last name	Social insurance number
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Part 2 – Calculation of distance in kilometres

Distance in kilometres between your old home and your new place of work or educational institution	_____	1
Distance in kilometres between your new home and your new place of work or educational institution	_____	2
Line 1 minus line 2	= _____	3

If the amount on line 3 is less than 40 kilometres, you cannot deduct your moving expenses. If this is the case, do not complete the rest of this form.

Part 3 – Details of the move

Enter the address of your **old** home

Apt No. – Street No. Street name		
City	Province or territory	Postal code
Country (if outside Canada)		

Enter the address of your **new** home

Apt No. – Street No. Street name		
City	Province or territory	Postal code
Country (if outside Canada)		

Date of move
 _____ Year Month Day
 | | | | | | | | |

Date you started your new job or business, or your studies

 | | | | | | | | |

Main reason for the move To work or to run a business **or** To study full time

Information about your employer, business, or educational institution **after** the move:

Name		
Apt No. – Street No. Street name		
City	Province or territory	Postal code
Country (if outside Canada)		

Part 4 – Calculation of allowable moving expenses (keep all your receipts)

Transportation and storage costs for household items			4
Name of mover (if applicable):			
Travel expenses (from old home to new home)			
Number of household members in move:			
Method of travel:			
Number of kilometres:	Travel expenses	+	5
Number of nights:	Accommodation expenses	+	6
Number of days:	Meal expenses	+	7
Temporary living expenses near new or old home (maximum 15 days)			
Number of nights:	Accommodation expenses	+	8
Number of days:	Meal expenses	+	9
Cost of cancelling the lease for your old home		+	10
Incidental costs related to the move (specify):		+	11
Costs to maintain your old home when vacant (maximum \$5,000)		+	12
Cost of selling old home			
Selling price: \$			
Real estate commission		+	13
Legal or notarial fees		+	14
Advertising		+	15
Other selling costs (specify):		+	16
Cost of purchasing new home			
You can claim the expenses at lines 17 and 18 only if you or your spouse or common-law partner sold your old home because of your move.			
Purchase price: \$			
Legal or notarial fees		+	17
Taxes paid for the registration or transfer of title (do not include GST/HST)		+	18
Add lines 4 to 18.	Total moving expenses	=	19
Enter any reimbursement or allowance that is not included in your income and that you received for moving expenses included in the total on line 19.		-	20
Line 19 minus line 20	Net moving expenses	=	21

Part 4 – Calculation of allowable moving expenses (keep all your receipts) (continued)

Net eligible income:

- If you are an **employee**, this is the amount(s) reported on your T4 and/or T4A slips **relating to the new work location** and that are included on lines 10100 and/or 10400, **minus** any amount relating to the new work location claimed on lines 20700, 21200, 22215, 22900, 23100, and 23200 of your return.
- If you are **self-employed**, this is generally the net amount(s) **earned at the new work location** that are included on lines 13500, 13700, 13900, 14100, and 14300, **minus** any amounts claimed on lines 21200 and 22200 of your return.
- If you are a **student**, this is the amount of scholarships, bursaries, fellowships, research grants, or certain prizes required to be included in your income for the year.

Net eligible income _____ | **22**

Enter the amount from line 21 or line 22, whichever is **less**. **Allowable moving expenses** | **23**

Enter this amount on line 21900 of your return.

Line 21 minus line 22 **Your unused moving expenses available to carry forward to a future year** _____ | **24**

If line 21 is more than line 22, you can carry forward the unused part of your expenses and deduct it from the same type of eligible income for the years after you move. For more information, see the attached information sheet.